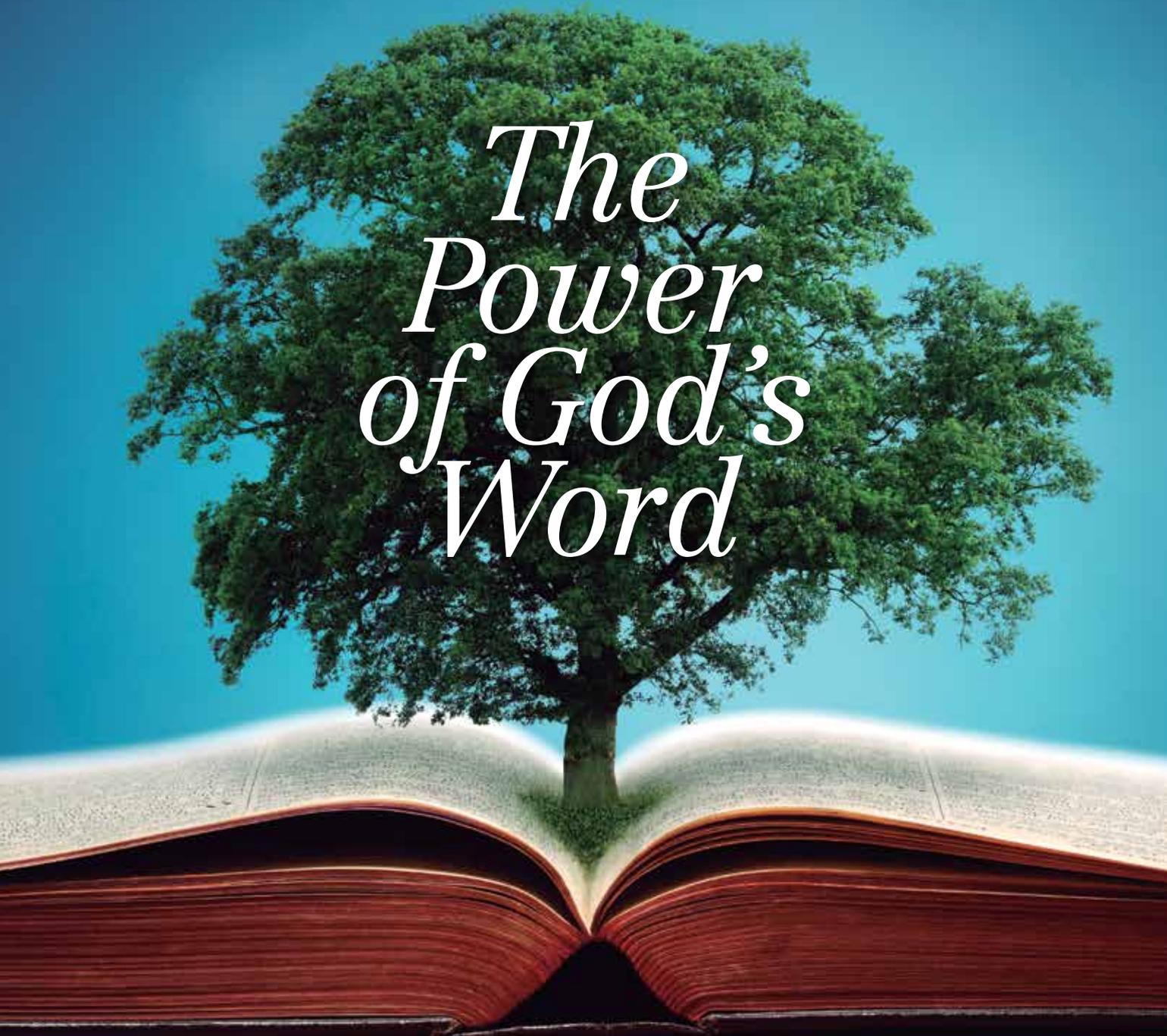
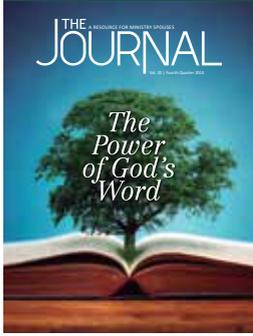


THE A RESOURCE FOR MINISTRY SPOUSES
JOURNAL

Vol. 32 | Fourth Quarter 2015

*The
Power
of God's
Word*

A large, leafy green tree grows out of the center of an open book with a wooden cover. The tree's trunk is positioned in the gutter of the book, and its branches spread out against a clear blue sky. The pages of the book are visible, showing some text. The overall composition is centered and visually striking.



ON THE COVER

When all else fails, can reading God's Word aloud change things? The power in His Word can transform lives.



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www.ministerialassociation.org/spouses/



The Journal: A Shepherdess International Resource for Ministry Spouses is a quarterly publication produced by Shepherdess International, an entity of the General Conference of Seventh-day Adventists Ministerial Association.

Mark Finley's Secret

I admire Mark Finley, world church evangelist, for many things. I admire how he has led so many people to Jesus, I admire his dynamic presentations, and, most of all, I admire his mind. He is so wise and creative. He has helped with so many situations within the church, situations involving pastors, families, and individuals. I have longed for the gifts that I see in him and have often wondered where his wisdom and creative ideas come from.

Last year we found ourselves in a meeting, trying to know what to do about an issue in the church. Mark told us that he had read through the Book of Acts in hopes that it would bring wisdom, but he didn't receive the guidance he was seeking. So he read the book again. And then again. More than thirty times he read Acts, page by page, seeking to understand how God might handle the situation.

Mark told us that many times he has read and re-read God's Word when he needed wisdom, direction, or creativity. Since his young adult years, he has depended on God's Word to teach him how to deal with challenges in life, church work, and doctrinal beliefs.

Years ago I thought the Bible was boring and too difficult to understand. I preferred to read books on how to live the Christian life, how to have a good marriage, or how to be a good mother. But no matter how many books I read or how many principles I learned, I kept failing. I simply couldn't be the person I wanted to be.

"It is in these promises that Christ communicates to us His grace and power. Nothing else can have such healing power. . . . Nothing besides can impart the courage and faith which give vital energy to the whole being."

The Ministry of Healing, p. 122

The only thing that really helps me is to read and pray through Scripture. That's the only way I will learn what God thinks, understand what He wants from me, and have the power to actually change. As I read and pray, the Holy Spirit changes my heart, and my mind is filled with the gifts of wisdom and discernment. While reading the Bible used to be a struggle, it has now become a joy!

Jesus tells us, "The words that I speak unto you are spirit, and they are life" (John 6:63, NKJV). This is so true! I've been following the Believe His Prophets (BHP) reading plan, reading one chapter of Scripture each day. Most days I also read other sections of the Bible in addition to the designated chapter, because I hunger for more. I feel so close to God when reading the Bible.

The BHP reading plan also includes a portion from one of Ellen White's books to read each week. Currently, we are reading *Christ's Object Lessons*. One of my favorite passages has been this: "The Word of God is the seed. Every seed has in itself a germinating principle. In it the life of the plant is enfolded. So there is life in God's Word. . . . In every command and in every promise of the Word of God is the power, the very life of God, by which the command may be fulfilled and the promise realized. He who by faith receives the Word is receiving the very life and character of God" (*Christ's Object Lessons*, p. 38, emphasis supplied). This is so powerful and true!

In this issue, Jill Morikone shares a story of how the power of God's Word transforms hearts and minds even in apparently hopeless situations. I think you'll enjoy reading what she wrote, as well as the other articles in this issue.

Remember, Jesus promises that His Word is life! I pray each of us will experience more and more of His life-changing power in our lives and be used by God to love many more people to Jesus.

Please share with me what God is doing in your life. Your experiences will encourage and inspire others. ■

Janet Page serves as associate ministerial secretary for pastoral spouses, families, and prayer.



When All Else Fails

IT WAS ONE OF THOSE DAYS when I felt inadequate. Inexperienced. Unsure of myself. A friend and I were on the interstate, on our way to visit our friend Sarah.* She was a beautiful woman who earnestly desired to follow Jesus. Due to chemical imbalances in her brain and other factors, she'd landed in the psychiatric ward of a local hospital.

We chatted as we drove, but our talk slowed as we neared the hospital. *What could we say to bring encouragement?* We both wanted to be used by Jesus, for His love to flow through us and touch Sarah's life!

I parked the car, and we bowed our heads, pleading with God to touch our lips with His words, to touch our hearts with His love, and to pour through us to minister to our hurting sister. We opened the car doors, grabbed our Bibles, and headed inside. We had to leave our purses at a little locker reserved for visitors. Then they took us to Sarah's room.

Even now, it brings tears to my eyes: the pain she was in, the hopelessness, the tears running down her cheeks. I hugged her tightly, my tears mingling with hers, then sat next to her on the bed.

What could we say to make a difference? She remained unresponsive. We simply listened to her pain. We held her. We cried. We prayed. Nothing. No change. Finally, in desperation, I turned to my Bible. Opening it, I looked into Sarah's eyes. "May I read promises from God's Word?"

No response. For a fleeting moment, I almost gave up. *It might not make any difference.* I opened my Bible to a favorite Psalm—chapter 91. I began to read, inserting her name into the verses, praying as I went.

"[Sarah] dwells in the secret place of the Most High [and she] shall abide under the shadow of the Almighty. [Sarah] will say of the Lord, 'He is

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.”

Hebrews 4:12, NKJV

my refuge and my fortress; my God, in Him I will trust” (Ps. 91:1, 2, NKJV).

Suddenly, Sarah’s eyes focused intently on my face. Her sobs slowed as I continued reading, “[God] shall cover [Sarah] with His feathers, and under His wings [she] shall take refuge” (verse 4).

The sobs ceased. The rocking stopped. The Word of God flowed into her heart and brought with it healing, life-giving power, and transformation! I’ve experienced the power of God’s Word at work in my own heart many times, but I don’t think I’ve ever seen such an immediate, radical response in anyone like I did that day.

God’s Word is the most powerful cleansing agent I know. Paul talks about how God wants to wash His church with the water of the Word (Eph. 5:26). But how do we let God’s Word transform us? How do we take it deep into our hearts and use it to its full potential?

I’ve discovered three things that help me more fully experience the power of His Word in my life.

First, **commit**. Commit to spending time in God’s Word. How can His Word wash me if I never let it come close? Or if I skim its surface without really studying it for myself? Allow God’s Word to wash you! Allow Him access to your heart and life.

Devote 15–30 minutes each morning to reading the Bible. I keep a yellow highlighter on my bedside table. In the morning, during my time with God, I highlight any promise in my reading. My favorite promises are about the change God wants to work in my life.

The forgiveness He can give (1 John 1:9).

The peace He can bestow (John 14:27).

The grace He can impart (2 Cor. 12:9).

The abundant life He can provide (John 10:10).

The joy He can restore (John 16:24).

The plan He can unfold in my life (Jer. 29:11).

Choose one of your morning promises and write it out in your journal, on a 3 x 5 card, or on a scrap of paper. I tape verses over the sink so I can think about them while washing dishes. Others are taped to my computer at work, and another one sits by my nightstand so I can think of that Scripture as I drift off to sleep.

Second, **consent**. Consent to accept what His Word shows you. Our pastor says, “The Word that cuts you, study it more deeply.” Often, when I come across a passage in the Bible that cuts against my pride or selfishness, I automatically want to push it away. However, every time I open God’s Word with a prayer for the Holy Spirit to show me my heart, He is faithful to answer that prayer. Why should I shy away from the convicting power of the Holy Spirit? God’s Word is *supposed* to show me my heart! After all, Hebrews 4:12 says, “The word of God is living and powerful, and sharper than any two-edged sword, piercing [to my deepest heart and thoughts].”

If you read something that cuts a bit, stop. Take some time to think on that passage. Pray for God to reveal any sin you might be unintentionally

When All Else Fails

cherishing. Ask Him to cut it out of your life. One time I was memorizing Hebrews 12:14 while washing dishes. “Pursue peace with all people, and holiness, without which no one will see the Lord,” I repeated as I scrubbed a plate. Ironically, at that time, I was at odds with a certain woman. My bitterness was buried so deeply that I couldn’t sense it. I was actually feeling rather pleased to be at peace with all people!

I felt a sudden jolt as my eyes went to the next verse: “Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled” (Heb. 12:15, NKJV). Instantly, I felt conviction in my heart! *Jill, you’ve got bitterness bottled up. This bitterness is affecting you, and it will spread to your marriage, your friends, and your ministry.*

At that point, I had a choice: I could push the Word of God away because it was cutting too close to home, or I could open my heart to the Lord and ask Him to change me from the inside out!

Finally, **claim**. Claim His promises for your life. Are you struggling with temptation? Does it feel like you fall back into the same habits and patterns? Do you long to break free, but don’t know how? That’s where the Word of God comes in. Jesus said in John 6:63, “The words that I speak to you are spirit, and they are life” (NKJV).

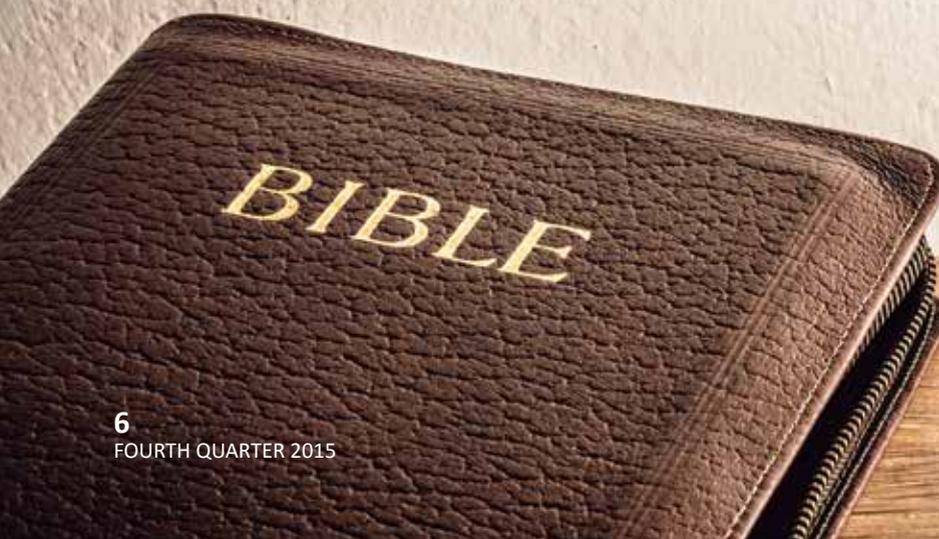
God’s Word brings life-giving, life-transforming power. When He created this planet we call home, He spoke, and it took place. Air and water, sun and stars, vegetation, flowers, and animals—*everything* came into existence simply because God spoke. That same power is inherent in the Word of God. As we speak His Word over our lives, He’s at work to cause what He said to come to pass in our lives.

Pull out those cards or your journal where you’ve written those Bible promises. Don’t just glance—read them aloud. Speak those words over your life and the lives of others. It doesn’t matter if you *feel* any different. The promise isn’t based on *feeling*! Simply trust Him. Trust that the work He’s begun in your life will be completed (Phil.1:6).

I don’t know where your heart is right now. Maybe reading the Word bores you, frustrates you, or cuts too deeply. Perhaps you’re where I’ve spent too much of my life: too busy to stop and dig for treasure, too stressed to stop and claim promises, too self-sufficient to stop and turn to His Word for spiritual strength and power. But every time I stop what I am doing, *commit* to spend time in His Word, *consent* to let it change me, and *claim* His Word in my life, incredible things happen! 7

*Not her real name

Jill Morikone and her husband, Greg, are blessed to work at Three Angels Broadcasting Network (3ABN), where Jill serves as administrative assistant to the president. She is an author and speaker, but her greatest passion is helping other women experience the joy of being daughters of God.



BIBLE

TIPS TO ~~SURVIVE~~

THRIVE

DON'T BE AFRAID TO MAKE FRIENDS.

Even though your heart might feel as if it's breaking every time you move and have to leave close friends behind—don't be afraid to make friends in your church. Yes, moving is hard. Yes, it can even seem hard to make friends in the first place. But it is worth it!

Being a pastor's wife can be a lonely job, and having close friends to support, encourage, and pray with and for you is such a blessing! As you make friends in the church, you will have people to work alongside with in ministry, which is way more fun than serving alone. And—did we mention—more hugs, smiles, and fun times? So open your heart—be willing to be a friend and allow people to be friends with you.

Start praying God will lead you to good friendships. Get involved in church ministries and attend programs and events that allow you to meet people. Take initiative; start reaching out. As God starts making connections, get to know your new friends by asking questions about their lives and the things that matter to them.

As you are open and willing to share in return, bonding will naturally take place. Don't be afraid to invite friends over for a meal, go shopping together, or work on a project together. In doing this, you will be a blessing and will be richly blessed yourself.

Have a survival tip that someone shared with you once upon a time, or that you have learned along the way? Send it in to share here at: ministerialspouses@ministerialassociation.org

Special Quotes

"God's holy, educating spirit is in His Word. A light, a new and precious light, shines forth from every page. Truth is there revealed, and words and sentences are made bright and appropriate for the occasion, as the voice of God speaking to the soul."

Christ's Object Lessons, p. 132

"The creative energy that called the worlds into existence is in the Word of God. This Word imparts power; it begets life. Every command is a promise; accepted by the will, received into the soul, it brings with it the life of the Infinite One. It transforms the nature and re-creates the soul in the image of God."

Education, p. 126

"One sentence of scripture is of more value than ten thousand of man's ideas or arguments."

Testimonies for the Church, vol. 7, p. 71

"The Bible is God's voice speaking to us just as surely as though we could hear Him with our ears. The Word of the living God is not merely written, but spoken. Do we receive the Bible as the oracle of God? If we realized the importance of this Word, with what awe would we open it, and with what earnestness would we search its precepts. The reading and contemplating of the Scriptures would be regarded as an audience with the Most High."

In Heavenly Places, p. 134

"His power, His very life, dwells in His Word. As you receive the Word in faith, it will give you power to obey."

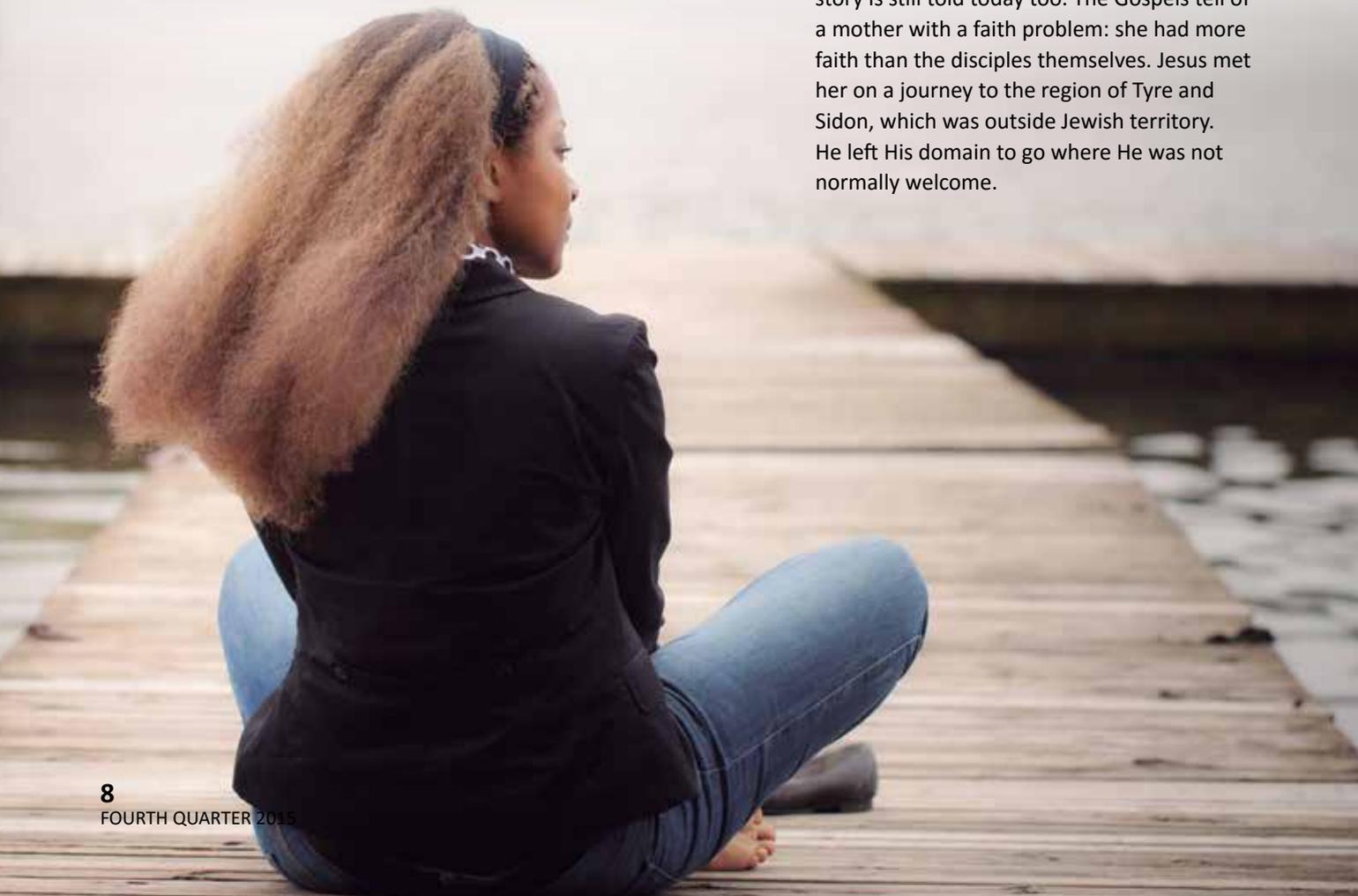
Thoughts from the Mount of Blessing, p. 150

The Silence of God —the Greatest Test?

IN THE EARLY TWENTIETH CENTURY a make-believe woman named Betty Crocker became more popular than the First Lady of the United States. In 1928, the Washburn Crosby Company of Minneapolis was one of six milling companies that later merged into General Mills. They received thousands of letters from women all over North America asking how to best use the company's flour in their baking. The managers decided that it would be more personal to reply with a signature, and Betty Crocker was born. The company secretary signed the letters, a signature that still exists today.

Betty Crocker became so popular that they created a face to make her more real. Radio interviews and cooking programs were developed to meet the overwhelming requests. Women couldn't get enough of Betty Crocker. By 1945, Crocker was the second best-known woman in America, after First Lady Eleanor Roosevelt. Whatever Betty Crocker said became the kitchen authority. Women trusted her expertise so much that the American flour company still has her photograph and signature on their products today.

Another lady, in another time and place, had so much faith and trust in someone that her story is still told today too. The Gospels tell of a mother with a faith problem: she had more faith than the disciples themselves. Jesus met her on a journey to the region of Tyre and Sidon, which was outside Jewish territory. He left His domain to go where He was not normally welcome.



“That Saviour who took a long journey for the purpose of relieving the anxious heart of a woman whose daughter was possessed by an evil spirit, will hear the mother’s prayers, and will bless her children.”

The Signs of the Times,
Sept. 9, 1886

The book of Mark says, “From there He arose and went to the region of Tyre and Sidon. And He entered a house and wanted no one to know it, but He could not be hidden” (Mark 7:24, NKJV). Jesus was looking for a place to get away from the continuous hounding of the Pharisees. He had ministered to a hungry multitude; He had healed the sick across different regions. Wherever He went, people begged for blessing. Now He wanted a place to rest, where no one would recognize Him.

Tyre and Sidon were pagan cities, but because they bordered Jewish lands, Israelites and Gentiles coexisted there. Animosity was commonplace. Jesus had traveled to this place with a specific plan in mind. Yes, He was tired and wanted to escape notice, but that’s not the only reason. On this visit Jesus would perform the only miracle outside His domain. Matthew writes, “A Canaanite woman from that vicinity came to him, crying out, ‘Lord, Son of David, have mercy on me! My daughter is demon-possessed and suffering terribly.’ Jesus did not answer a word. So his disciples came to him and urged him, ‘Send her away, for she keeps crying out after us’” (Matt. 15:22, 23, NIV).

We need to know that women didn’t travel much in those days, but this hindrance didn’t stop her from meeting Jesus. She had heard He was in town and knew He might not come a second time. As we read her story, it makes me wonder how this Gentile woman was able to hear of Jesus. Maybe she’d heard of Him in the marketplace as Jewish women bought groceries. Maybe she’d heard of Him on her daily trips to the well. One thing we know is that she’d never seen Jesus personally, nor heard His teachings, nor witnessed His miracles. I’d like to think she heard of Him through the story of someone who knew Him personally. The only thing she knew was that He could heal her child, and she was not going to miss this opportunity.

We read, “Christ knew this woman’s situation. He knew that she was longing to see Him, and He placed Himself in her path” (*The Desire of Ages*, p. 400).

What a loving picture of Jesus! He knows the suffering and struggles of every mother and longs to bring healing to every heart. Jesus had visited this idolatrous territory for two specific reasons: first, to grant a blessing to this desperate mother, and second, to teach His disciples an important lesson of acceptance. As she was pleading, “Lord, Son of David, have mercy on me,” we notice that Jesus did not answer a word. The more Jesus “ignored” her, the more she shouted to the only One who could heal her daughter. Even the disciples were irritated that He wasn’t doing anything about this woman, but *the silence of God was the greatest test of her faith.*

The Silence of God—the Greatest Test?

Jesus finally stopped and said, “I was sent only to the lost sheep of Israel” (verse 24). She had longed for this moment, only to be ignored and rejected. She fell at His feet, pleading, “Lord, help me.” Jesus answered, “It is not right to take the children’s bread and toss it to the dogs” (verses 25, 26).

“This answer would have utterly discouraged a less earnest seeker” (*The Desire of Ages*, p. 401). Jesus had “ignored” her, “rejected” her, and now called her a dog! In Bible times, no one owned dogs for pets as we do today. Dogs were scavengers outside the city walls. Calling someone a dog was an insult to human dignity. Jesus was acting like the average Israelite would toward someone from this heathen race. He wanted to teach the disciples that the gospel of grace is for anyone who feels the need of the Savior.

Underneath His pretending non-acceptance, she discerned a compassionate love and tenderness that Jesus could not conceal. She responded, “Even the dogs eat the crumbs that fall from their master’s table” (verse 27). Even though she held little value in the eyes of society, if dogs could eat the leftovers, why couldn’t she? She had nothing to lose. If being called a dog would get her petition granted, she’d take it. Her heart held no pride or arrogance, and her trust in Him was greater than any prejudice or animosity that existed between the two nations. She knew He could restore her child’s health “and immediately [acknowledged] Jesus as the Redeemer” (*The Desire of Ages*, p. 401).

Pleased with her faith, Jesus welcomed her. Now that she had passed this test, she could enjoy the privilege of His blessings. With compassion and tenderness, Jesus said, “‘You have great faith! Your request is granted.’ And her daughter was healed at that moment” (verse 28). The book of Mark says, “‘The demon has left your

daughter.’ She went home and found her child lying on the bed, and the demon gone” (Mark 7:29, 30, NIV).

The Bible doesn’t say whether the daughter was a believer; perhaps she had only heard from her mother about Jesus’ miracles. Maybe she was not interested in a God that she hadn’t seen or heard. We don’t know her situation; but no matter how much this girl knew or believed in Jesus, it was her mother’s trust and faith in Jesus that brought the healing. Her mother’s faith went beyond discouragement, prejudice, animosity, impossibility, and incredulity—to find fulfilment in Jesus, her Savior, Redeemer, and Healer. “There are no barriers which man or Satan can erect but that faith can penetrate” (*The Desire of Ages*, p. 403).

This was the only miracle Jesus performed on this journey. He went to the borders of Tyre and Sidon specifically to grant the request of this mother’s heart. Only on two occasions does Jesus mention “there is no greater faith in Israel”—one in Matthew 8:5-13, where Jesus heals the centurion’s servant, and the other when this mother persevered in her faith.

Do we trust Him enough to cling to His promises, even when we don’t hear or see Him in action? Remember, *the silence of God is the greatest test of our faith*. Today we serve the same merciful Savior and Healer. He is just as able to make the journey to grant our request as He did for this amazing mother.

“That Saviour who took a long journey for the purpose of relieving the anxious heart of a woman whose daughter was possessed by an evil spirit, will hear the mother’s prayers, and will bless her children” (*The Signs of the Times*, Sept. 9, 1886).

This promise is for every mother, beyond the circumstances of our children or the condition of their hearts. This promise brings healing and restoration.

Mothers, let us never give up on our children! ■

Jasmin Stankovic is a pastor’s wife in Western Australia. She and her husband, Robert, have three children. Jasmin is the Western Australia Conference Women’s Ministries director and president of the Perth Adventist Orchestra. She enjoys playing music, reading, writing, preaching, card making, cooking, hospitality, and social events.

Dear Abigail,

I am struggling with the dilemma of whether or not to pursue a degree in higher education. Currently, I am a stay-at-home mom of three small, wonderful boys, and I find that very rewarding . . . well, at least on most days!

Some of my friends who do not attend our church are telling me I will regret not getting a college education and that I'm making a big mistake if I don't. When I ask my church members, they shrug their shoulders to indicate I shouldn't go back to school. . . while others say, "Go for it!" And to make the decision even more difficult, my husband is praying with me about this, but he says he wants it to be "my" decision.

Also, it would be great if I could contribute to our finances. But I wouldn't want that to be my main reason for going back to school. As you can tell, I need direction badly.

*Sincerely,
To school or not to school*

Dear School,

If you haven't already, I recommend making a list of positives and negatives about pursuing a college degree. This can be a great visual tool to aid in your decision. I also commend both you and your husband for your commitment to pray and allow God to guide you.

It must be very exciting *and* rewarding to be a mom to three precious boys, who most likely keep you very busy! The boys' ages weren't shared, but you did say they were small. Depending on your support system, going to college could create new challenges you didn't expect. The added expense of childcare and college fees would most likely add burdens financially. Also, consider how you would manage your study time and family time with your boys and husband.

On the other hand, there may be some willing church members or friends willing to pitch in and help you meet your goals!

However, I would be remiss if I did not mention my concern about how much the children would miss out on while mom is preoccupied with classes and studying. Some valuable lessons about God, life, and character building should come from you and not babysitters. Our children are small for such a short time; these are crucial, formative years that I believe God has carved out for a special time and purpose for you and your family.

I wish I could give a concrete answer, but there really isn't a one-size-fits-all answer to this question. There are many factors to consider. In many places of the world it is encouraged for a wife to go to college, while in other geographic areas it is discouraged. In many families, the pastor and his wife enjoy being "partners" in ministry and feel that the wife's priority is the family. It is a great duty and privilege to take care of the children and support your husband in pastoral ministry. It doesn't mean college is out of the question forever, maybe just on temporary hold depending on your current situation.

As you continue your commitment to prayer and the study of God's Word, you and your husband are sure to find peace and assurance that will not disappoint.

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Prov. 3:5, 6, NKJV).

With love and prayers,
Abigail

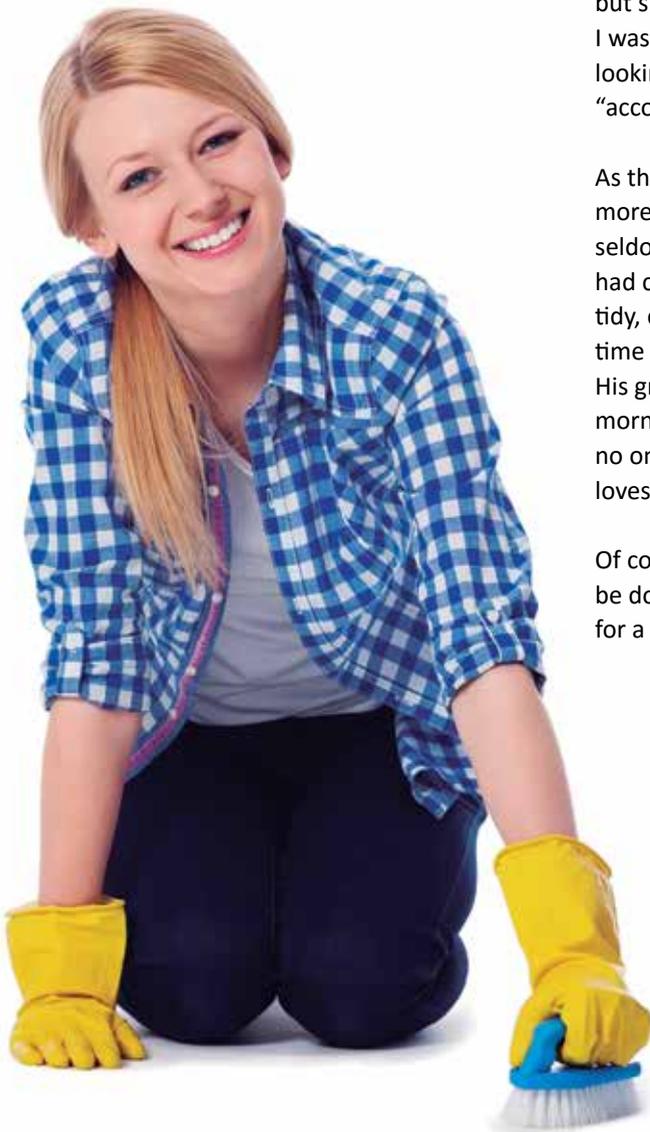
Keeping Tidy:

CONFESSIONS OF A NON-PERFECTIONIST (HAPPILY MARRIED TO A PERFECTIONIST)

LONG AGO I WAS TRYING to choose between two suitors, both pastors. One had sent me flowers, one had not. One was near, one was far away. One was the accountant type, briefcase in hand and every hair in place. In an e-mail to my family overseas, I outlined my two prospects, soliciting their votes. My mother countered with an extremely practical question, as mothers will. “Are you tidy enough for ____ [the accountant type]?” If I hadn’t known myself well, that might have hurt my feelings, but she had a point. Orderliness was not something for which I was famous, although my future husband must have been looking for more than only orderliness in a wife, because the “accountant type” is the one who married me!

As the years go by, disorderliness has grown to bother me more than it did before (my own disorderliness, of course—I’ve seldom, if ever, had to pick up after my husband!). Once we had children, I realized the need to train our two girls to be tidy, considering I didn’t relish spending copious amounts of time tidying up after them. I often pondered how Jesus folded His grave clothes when He left the tomb on the resurrection morning, perhaps the most important morning of His life, when no one would have objected to His tossing them aside. God loves order, and if it matters to Him, it matters to me.

Of course, there is also the biblical injunction to “let all things be done decently and in order” (1 Cor. 14:40, NKJV). I wondered for a long time how far to take the “all things” in that verse.



One day I asked a pastor friend if he thought it meant absolutely *every little thing*. He countered with a verse where Paul adjures Titus to “set in order the things that are lacking” (Titus 1:5). That appealed to me, the idea that order is only needed in as much as it is lacking. We also have counsels against having everything in a state of perfection in our homes to the point that our kids are neglected. “Your temporal matters may be neglected rather than the heart wants and culture of the minds of your children” (*The Health Reformer*, Aug. 1, 1872). For me, that helps keep things in perspective.

I’m still on my journey from relative disorder to relative order. I’ve learned some strategies by experience that smooth the way and help keep home happy. Here are a few practical principles:

1) Think ahead. Before you purchase a life-sized stuffed leopard for your child or accept it as a hand-me-down, think about where on earth you will store it and what you’ll have to move to get it there.

2) Only move things once. If you take a hair clip from the kitchen counter to your bedroom to put away, don’t leave it on the bathroom counter along the way. Instead, put it directly into the drawer, not just anywhere. Then it’s done and over with, never to take up your time again. This relates to mail that comes into the house as well—deal with it immediately. Throw away junk mail, file important documents, and keep things to be attended to in a current file or on a list that you check daily. That way, things don’t cross your desk two, three, or four

times. This works with e-mail too. Dealing with messages promptly prevents the necessity of re-reading hundreds of messages you no longer need.

3) De-clutter regularly. Clutter accumulates almost without our realizing it. When I arrived in the United States to go to college, I had two suitcases and a carry-on bag. When I left less than two years later, I had 19 boxes of stuff that I had accumulated as a “poor” student. As a pastor’s wife, I often think, *What if we have to move?* I want to be as ready as possible when that time comes, so we often go through our shelves and closets to give away or sell items. It is freeing! Even my children look forward to doing this and voluntarily do it on their own. (I think they got my husband’s genes in this area!)

4) Have a daily tidy-up time. Have your kids help “swoop” (rapidly pick things up and put them in their places) in their own areas each day. We sing a silly song (“We are the swoopers . . .”) while twirling in a circle, as you would for “Ring Around a Rosie,” to get everyone motivated, and then we pick up anything that is out of place in one area as fast as we can. Setting the timer helps us not get distracted. If we need to put away an item that isn’t ours (for example, the owner of the item is not present), we can pray for that person as we put the item away.

5) Remember to thank God for His abundance, for He provides the material goods in your house—enough for yourself and to share with others. Here’s a thought: What if, today, you only had things that you had remembered to thank God for yesterday? For example, if you only thanked God yesterday for the food you ate, then today you’d have food but no house, no kids, no _____ (fill in the blank).

God is growing us to love what He loves, and sometimes I even tidy my bathroom counter where I did my hair before leaving for church, which I would never have cared about, or probably even noticed, before I got married. Thankfully, every command is also a beautiful promise from our fully faithful Father and Friend. Why not thank Him with me for the desire for, and the gift of, orderliness today? ■

Heather Krick, originally from South Africa, is wife to Bill, a literature ministries director, and mother to Savannah and Heidi.

The Backward Glance

“Taking time to look back, is a foundation on course to build a stable future.”

Unarine Ramaru

THE SHOCK HIT ME the instant I saw the train leave the station. My purse! I had left my purse on the train! I could see it clearly in my mind, on the floor by the seat I had just left. I'd grabbed my packages from the overhead bin and walked off

reviewing past experiences, beliefs and practices learned, or past dreams and goals. You may have heard advice against reflecting on the past, based on the idea that people should look forward and not dwell on mistakes or neglected opportunities. But we can experience positive results from occasionally reflecting on life and thinking with gratitude about God's faithfulness, forgiveness, and generous blessings. Looking back can strengthen hope, rekindle faith, and fill the heart with a sense of health-giving peace.

RECALLING OUR HERITAGE

Do you remember how health ministry began for the Seventh-day Adventist Church? During a vision on June 6, 1863, Ellen White received detailed instructions from God regarding specific health principles she was to share with the church. It was a time of ignorance regarding health habits, barbaric curative treatments, and a universal misunderstanding of disease. The vision was a shocking revelation even to Ellen White. Since then, God's principles for good health and longevity have been validated over and over by medical research as scientifically sound.

While we do feel truly privileged to have a message of health, our imperfect human natures sometimes forget the benefits and become a bit too relaxed. We can end up depending on personal interpretations of health principles in order to accommodate tastes or habit preferences. Just as

the train, leaving my purse with my credit cards, checkbook, keys, health card, driver's license, social security card, and a bit of money.

As I began to panic, I berated myself for not having followed the "Backward Glance" rule.

LOOKING BACK

During nurses' training some years ago, as my class began clinical duties, we were advised to always stop at the doorway of a

patient's room and look back to be sure everything was in order and the patient was comfortable.

This rule has been remarkably helpful not only in my nursing experience but also when leaving the house, my office, the clinic, the car, my seat on a plane (or train), or the pew at church.

The concept applies just as well to mentally



reflection can benefit our personal lives, this is another area where it's good to look back and be reminded of God's loving instructions. He wants His children to enjoy the best health possible!

Take a minute to review these core principles as they were presented in 1863:

1. Those who do not control their appetite in eating are guilty of intemperance.

- 2. Swine's flesh is not to be eaten under any circumstance.
- 3. Tobacco in any form is a slow poison.

- 4. Strict cleanliness of the body and home premises is important.
- 5. Tea and coffee, like tobacco, are slow poisons.
- 6. Rich cake, pies, and puddings are injurious.
- 7. Eating in between meals injures the stomach and digestive process.
- 8. Adequate time must be allowed between meals, giving the stomach time to rest.
- 9. If a third meal is taken, it should be light and eaten several hours before bedtime.
- 10. People used to meat, gravies, and pastries do not immediately relish a plain, wholesome diet.

- 11. Gluttonous appetite contributes to indulgence of corrupt passions.
- 12. Adopting a plain, nutritious diet may overcome the physical damage caused by a wrong diet.
- 13. Reforms in eating will save expense and labor.
- 14. Children eating flesh meat and spicy foods have strong tendencies toward sexual indulgences.
- 15. Pure water should be used freely in maintaining health and curing illnesses.
- 16. Nature alone has curative powers.
- 17. Common medicines, such as strychnine, opium, calomel, mercury, and quinine, are poisons. *(These were common disease treatment options used at the time of the vision. Quinine is still used with care for the treatment of malaria.)*
- 18. Parents transmit their weaknesses to their children; prenatal influences have enormous effects.
- 19. Obeying the laws of health will prevent many illnesses.
- 20. God is too often blamed for deaths caused by violation of nature's laws.



“We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history.”

Ellen G. White, Life Sketches, p. 196

21. Light and pure air, especially in the sleeping quarters, are required.

22. On rising in the morning, bathing, even a sponge bath, will be beneficial. God will not work healing miracles for those who continually violate the laws of health.

23. Many invalids have no physical cause for their illness; they have a diseased imagination.

24. Physical labor, willingly performed, will help to create a healthy, cheerful disposition.

25. Willpower has much to do with resisting disease and soothing nerves.

26. Outdoor exercise is very important to health of mind and body. Overwork breaks down both mind and body; routine daily rest is necessary.

27. Many die of disease caused wholly by eating flesh food.

28. Caring for health is a spiritual matter, reflecting a person’s commitment to God.

29. A healthy mind and body directly affect one’s morals and one’s ability to discern truth.

30. All God’s promises are given on condition of obedience.

(List reprinted from *Dramatic Prophecies of Ellen White*, Herbert Edgar Douglass, Pacific Press, 2007, pp. 64-66.)

REMINDERS KEEP US ON TRACK

I was so relieved and thankful when I awoke and fully realized that my leaving a purse on the train was only a dream, albeit a very vivid nightmare. It reminded me to look back, not only when physically leaving a room or area but occasionally to help keep me on track—with my health habits, with my spiritual values, and with my priorities in life. ■

Rae Lee Cooper writes from Washington State, which she and her husband now call home. Enjoyable activities include being more involved in the lives of her children and grandchildren, teaching music, and participating in church community health and welfare programs.



Learning to Love?

ON OUR WEDDING DAY I could have written everything I knew about marriage on the back of the menu. Bernie proposed to me a month after our first date, and we were married three months later. Two weeks after the wedding, we arrived at Andrews University. That first semester, Bernie took a class in Marriage and Family, and I went along for the ride. The class required us to attend two marriage retreats, a parenting seminar, and a family worship seminar, all within the first three months of our marriage. I remember going to a workshop on managing conflicts in marriage and wondering what all the fuss was about . . . I soon learned!

Those seminars were the best wedding gifts ever. They helped us develop a deep spiritual foundation for our relationship, inspiring us to serve as family ministries directors in England and eventually to study family therapy. I don't know how our relationship would be if we hadn't learned so much, because even now, there are days when it's very hard to put all those great skills into practice.

WHY RELATIONSHIP EDUCATION IS IMPORTANT

Marriage and parenting are the most challenging jobs. If we need a dozen lessons and a license to drive a car, how much more important to have pre-marital counseling and relationship skill building before we get married or have children! We'd never drive a car without servicing it regularly, yet many of us never think about "servicing" our marriages, a much more valuable and long-lasting resource. If I need 21 CEUs each year to maintain my professional registration, why not spend at least 21 hours learning how to improve my marriage? After all, what's more important than learning how to have the loving relationships that God wants for us?

RIPPLES OF LOVE . . .

We've seen powerful effects when ministerial couples make it a priority to nurture and grow their relationships:

- They experience more of God's love in their lives through the way they care for each other.



“So this is my prayer: that your love will flourish and that you will not only love much but well. Learn to love appropriately. You need to use your head and test your feelings so that your love is sincere and intelligent, not sentimental gush. Live a lover’s life, circumspect and exemplary, a life Jesus will be proud of: bountiful in fruits from the soul, making Jesus Christ attractive to all, getting everyone involved in the glory and praise of God.”

Phil. 1:9, The Message

- Their marriages often become stronger, happier, and more resilient.
- Their parenting improves.
- Their children are more likely to flourish emotionally and learn vital relationship skills from their parents.
- The pastor is more likely to preach about healthy relationships to nurture the individuals and families in the congregation.
- The minister is more likely to have the courage, wisdom, empathy, and experience to help couples and families in the church who are facing challenges.
- The church is more likely to reach out to families in their community.

But when the minister’s marriage is struggling and unhappy, the couple, their family, and the families in their congregation and community are much less likely to have these positive experiences.

BUT MY SPOUSE ISN’T INTERESTED . . .

Even if your husband or wife would never read a book or go to a marriage seminar, you can learn simple skills to have a profound effect on your relationship. With prayer, love, wisdom, and the Holy Spirit, one spouse can transform a marriage through loving and positive persistence. Try exploring www.divorcebusting.com for some helpful ideas and resources, or read Michele Weiner-Davis’ book *The Divorce Remedy*.

LEARNING FROM OTHER MARRIAGES

Choose a marriage mentor. Find a ministerial couple who has been married at least ten years longer than you have, and ask them to mentor your marriage. They need to be able to pray with you; listen to your highs, lows, and challenges; talk honestly and openly about their own struggles; and share how they’ve nurtured their own relationship. Read *Mentoring Marriages* by Harry Benson and also share it with the couple you choose as mentors.



LEARNING FROM YOUR OWN MARRIAGE

If it's too difficult to get away for a weekend marriage retreat, and you don't have time to read or watch DVDs, these simple questions will help you grow your marriage right where you are. At the end of each day, ask these questions:

- What did I do or say that brought us closer together as a couple today? How can I do more of those things?
- What did I do or say that pushed us farther apart today? How can I do those things less? And what can I do to repair the damage I caused?
- What can I do tomorrow to help my spouse experience more of God's love through me?

DIY "HOME IMPROVEMENT" TOOLS

If you can't escape for a marriage retreat, try some of these "at home" ideas for improving your relationship:

DVD SERIES

- *The Marriage Course* is an excellent DVD series designed as an outreach ministry by British Christians. It's now available around the world and in several different languages (www.relationshipcentral.org/marriage-course).
- *Laugh Your Way to a Happy Marriage* is a DVD series by Mark Gungor, a U.S. pastor, family counselor, and stand-up comedian. Watch sample clips on Youtube to check whether his unique approach works for you. Even the most reluctant husband usually enjoys Mark's fun style.

BOOKS

Read books and listen to audio books when you're out and about:

- *The Five Love Languages* by Gary Chapman
- *The Marriage Book* by Nicky and Sila Lee
- *The Seven Principles for Making Marriage Work* by John Gottman

NAD Ministerial Association has produced a series of resources for ministerial couples and families. They include ideas, tips, and video discussion starters so that ministerial families can access help within their own home and schedule.

Go to www.nadministerial.org and click on "Family" and select "Sacred Family Circle." Choose from the following topics:

FINANCES

DEPRESSION

SURVIVING A MARRIAGE CRISIS

STRESS

PARENTING

FORGIVENESS

HEALTHY COMMUNICATION

FREEDOM FROM PORNOGRAPHY

MOVING

- *Fighting for Your Marriage* by Howard J. Markman, Scott M. Stanley, and Susan L. Blumberg
- *Hold Me Tight* by Sue Johnson.

PODCASTS

Download and listen to marriage-building podcasts:

- *Care for the Family: The Marriage Challenge* podcasts (www.careforthefamily.org.uk/family-life/marriage-support/the-marriage-challenge)

INTERNET

Explore websites filled with marriage tips and ideas, downloads, and videos:

- GC Family Ministries website (www.adventist.family.org) and your local conference and division family ministries websites
- www.2-in-2-1.co.uk
- www.familylife.com
- www.thedatingdivas.com (for creative cheap dating ideas, printables, and a fun experience based on *The Five Love Languages*).

Karen Holford writes from Scotland, where she and Bernie enjoy learning how to grow their relationship into the marriage that God wants them to experience.

God Still Answers Prayer!



*“I love the Lord,
because He
has heard my
voice and my
supplications.
Because He has
inclined His ear
to me, therefore
I will call upon
Him as long as
I live.”*

Ps. 116:1, 2, NKJV

ONE YEAR IN MARCH, my husband and son, Doug and Daniel, left for a ten-day mission trip to Mexico. I decided that our ten-month-old, Stephen, and I would take a trip to our home in Covelo. I was really excited to spend some time in the mountains. The forecast said the weather would be beautiful.

On the way out of the Covelo valley, we stopped to visit my friend Joyce. She said to be careful as I drove up the ten-mile dirt road to our house because it was now dark and rainy. As we neared the house, the rain turned into a light snow. We had asked God to be with us on our trip, and I knew He would be with us. “The angel of the Lord encamps all around those who fear Him, and delivers them” (Ps. 34:7).

I was very thankful when we arrived home safely. Stephen was sleeping soundly in his car seat as we pulled into the carport. I decided to leave the van running so he could sleep as I unloaded our things. I

left the van lights on to shine into the darkness. I took the first load into the house, placed the keys on the counter, and returned for a second load.

As I went to open the van’s sliding door, I found that it was locked. I wasn’t too worried because the van has an auto-lock system for the doors. I expected all the doors to be locked except the driver’s door. But then I tried that door. And it was locked too. I started to get a little concerned. I tried the trunk, thinking I might have released the back when I pulled into the carport. I knew I could just crawl over everything and unlock the doors. But it was locked as well! I walked toward the house, trying to calm myself.

Any calmness evaporated when I found the house door locked too! We have the old-fashioned lock that requires pushing in the button and twisting the lock. Apparently, I had forgotten to untwist it before coming back outside, because the door was still

locked. I looked in the window, and there on the counter were the keys to the house.

I took a moment to assess. The van was running with heat and lights on, Stephen had woken up and was crying, all the doors to van and the house were locked, snow was falling, I was underdressed in a t-shirt with no coat, and my nearest neighbor lives over a mile away. I considered climbing to the upstairs deck, but I would have to try to climb the side of the house without a ladder. How would I get back down if *that* door was also locked?

It was time to pray again. I decided to check the back door to the house. I was sure it would be locked because I had locked it myself the last time we were here. That began the first of many miracles. Praise the Lord! The door was unlocked. I don't remember it being unlocked before. But PTL, I was in!

I called Joyce and asked her to pray for us. She said they had just been praying for us in their family worship. Joyce said, "Karen, why don't you use a coat hanger to try to unlock the car door? I've seen people do it all the time. I bet you can do it too." So I got a hanger and went out to the van. I prayed to get in and at the same time not wreck the mechanics of the window. PTL! My second miracle took place. After several tries I was able to unlock the door.

Stephen was so glad to be out of that van! He hadn't understood why he could see me and why I was not getting him out of the van. Just then our neighbor arrived. It had taken him twenty minutes to get to our house from his house. Joyce had called him to come and help me. I was so thankful he came. Poor Stephen wouldn't let go of me; he had gotten all worked up.

Thankfully, my neighbor started a fire in the fireplace, and Stephen and I were able to calm down. I called Joyce back and thanked her for praying for us because God had been with us as He helped us tackle the "locked door experience." "Blessed be the Lord, because He has heard the voice of my supplications! The Lord is my strength and my shield; my heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him" (Ps. 28:6, 7, NKJV).

Stephen and I had a good time for the rest of our vacation. He followed me everywhere he could in

his walker. One day he tumbled out the door, down the step, and landed on his face. His lips swelled up so that he looked like a duck, but he healed just fine and without any scar. "Not a single sparrow can fall to the ground without your Father knowing it" (Matt. 10:29, NLT).

I am so thankful that God took care of us during those challenges, just as He cares for each of us where we are today and in all our challenges. When we invite Him to be with us, He is present as we go about our everyday activities. Often we forget that God is present with us until we have a problem. Then we remember and ask Him to help us. But God is there to help us through all our daily activities.

A friend shared with me that she often asks God to show His love for her by sending her a rainbow. My first thought was, *This is sunny California; there are not that many rainbows to be seen.* She said to start asking for rainbows and God would send them to me. I was so surprised when I started to see rainbows reflect on the reflecting tape on stop signs and bumper stickers. I told her that I needed to see God's love more frequently, so every green light I saw would be God sharing His love for me. And then I realized that those red lights are for my protection too. So I began to praise the Lord for the green, yellow, and red lights too. I believe the Lord wants us to praise Him and thank Him in all things, even in the things that slow us down. "In every thing give thanks: of this is the will for God in Christ Jesus concerning you" (1 Thess. 5:18, KJV). I have found such peace in Christ when I thank Him during the midst of difficult trials.

Many of us do not feel comfortable giving Bible studies. Some of us may not even know how to give a Bible study, but we can always share our personal experiences of how God works miracles in our daily lives. Sharing how God is present with us and through us in our everyday life helps to increase our faith in Him. These experiences can help others see new pictures of how God wants to dwell in them too. We gain confidence in His guidance and leading in our lives. "Thou wilt show me the path of life; in thy presence is fullness of joy; at thy right hand there are pleasures forevermore" (Ps. 16:11, KJV). "Oh, give thanks to the Lord, for He is good! For His mercy endures forever" (Ps. 136:1, NKJV).

Take a minute to read Psalm 136. God is working visibly for each one of you also. Let's ask the Holy Spirit to open our eyes so we can see God's presence in our daily lives. And let's share it too! **L**

Karen J. Batchelor writes from California. This article appeared in the Northern California Conference Wifeline, July 1994. Since then she has experienced many more miracles that have strengthened her faith in God. And her ten-month-old son is now 22 years old.

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A Thirst to Learn

WHEN I WAS EXPECTING our first child, I spent a lot of time observing other people's children from a distance. Many of the children seemed to have little interest in learning about the world. I had no way to determine whether it was simply a matter of personality or environment—or the result of too many hours in front of electronic screens, dulling their senses.

One thing I knew for sure: more than anything else (except for loving Jesus), I wanted my child to love to learn. I wanted him to have a thirst for knowledge, a thirst to know, a longing to understand and be understood.

And oh my, did I get what I prayed for! He is a sponge. He wants to know everything there is to know . . . about everything that can be known. Every child asks questions, but this one asks 10,000 times more. He wants to understand how engines work, how plants grow, how every machine operates. His curiosity, his zeal, his thirst for knowledge is off the charts.

Unfortunately, we adults are sometimes too much like dull little children who have no desire to learn. Maybe we once did, but the hardships and difficulties of life have drained it out of us. As ministry spouses, we have different



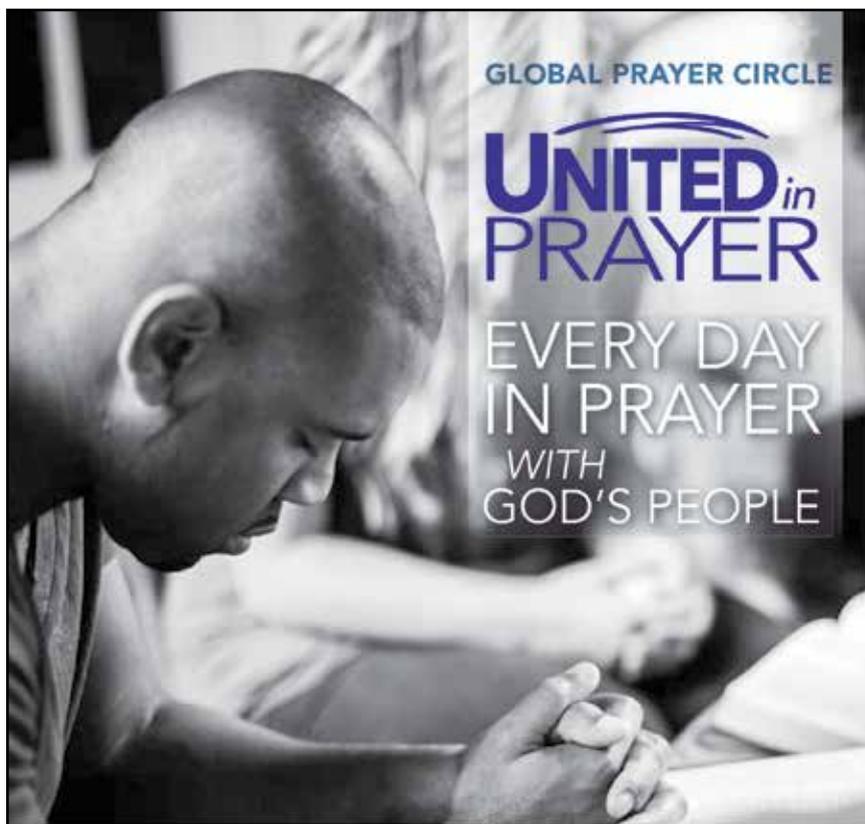
ways of approaching life in the pastoral fishbowl. Some wives have remarkable opportunities for formal training and education. Others have few opportunities for advancement in the areas that interest us. But that shouldn't prevent us from learning.

The most important quality for becoming an educated person is a longing to learn. If you have a thirst for knowledge, nothing can stop you. It does not matter whether or not you have access to a university education or can afford private classes or training. If you love to learn, you can view every opportunity in life as the equivalent of university. If you have a humble heart to improve yourself, then every chance for feedback becomes a chance for growth. If you view feedback as a gift rather than a threat; if you broaden your horizons by embracing

relationships with those older, wiser, and more experienced; if you focus on maximizing every chance, every book, every conversation as avenues for self-improvement and education—then you too can grow at every turn.

By embracing the lessons God sends you and by cultivating a lifelong thirst for learning, you can enjoy the benefits of constant, ongoing growth—perhaps at a level greater than those who have unfettered access to the world's finest universities—simply because of your state of mind. **7**

Sarah K. Asaftei has spent 13 years as a ministry spouse and is a speaker, published author, and branding strategist. Her ministry passions include raising children to be young leaders, supporting ministry spouses who deal with addictions in the family, and helping orphans find families.



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to Learn!

LIFELONG LEARNERS

Many Bible heroes kept on learning all through their lives. That's what made them so wise and strong. Unscramble the names of these Bible heroes. They all learned how to do the same job. What do you think they did? Answers are upside down on the bottom of the page.

1. RAM BA HA _____
2. ESSOM _____
3. VADDI _____
4. JABCO _____
5. JUSSE _____
6. SOHJEP _____
7. CASIA _____
- _____
- _____

WHAT DID THESE PEOPLE LEARN?

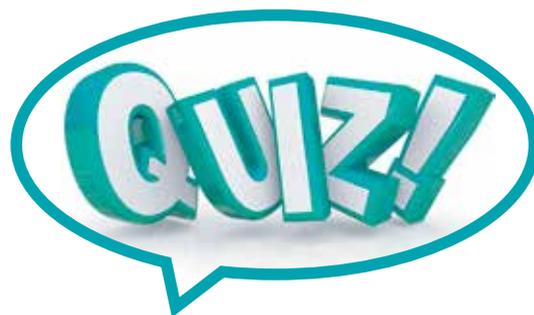
Match the Bible characters to the skills they learned:

NAME	WHAT THEY LEARNED
Ruth	How to make a tent
Noah	How to take care of a church
Peter	How to play a musical instrument
Paul	How to glean
Adam	How to be a queen
Samuel	How to fish
Joseph (Jesus' father)	How to lead an army
Esther	How to build a boat
Gideon	How to look after a garden
David	How to be a carpenter

Answers: 1. Abraham 2. Moses 3. David 4. Jacob 5. Jesus 6. Joseph 7. Isaac. They all learned how to be good shepherds.

5 FUN WAYS TO LEARN MORE ABOUT THE BIBLE!

Draw a family tree for Abraham's family, starting with his father's family and continuing to Joseph, Jacob's son. You can check your family tree against one of Abraham's family trees on the Internet.



Make a Bible quiz. Choose a Bible story or a chapter from the Bible. Read it really well and write down at least five questions about it to ask your family.

- Choose a Bible story, like a parable, and then draw a comic strip story to illustrate it.
- Read all about the tabernacle that the children of Israel made in the wilderness (see Exodus 25-40). Make a scale model of the tabernacle using your favorite building toys or scrap materials. To get ideas, watch the story of how the tabernacle was made: www.youtube.com/watch?v=sttHtsAX0Ik www.youtube.com/watch?v=w8DLDAwR1GM www.youtube.com/watch?v=9eQ92jBUciE

Read all about your favorite Bible character. Write the person's life story, or write some journal entries for their most amazing days. For example, write Daniel's story, or write a journal entry for the day he was rescued from the lion's den.

TEN FUN WAYS TO LEARN A MEMORY VERSE

1. Buy a packet of alphabet pasta. Pour the letters onto a large dish. Find all the letters you need to spell out your memory verse. See who can complete the verse first, or work together to spell out the words.
2. Create a rebus (picture sentence) of the memory verse. Find pictures in old magazines to illustrate the different words. Add and subtract letters to help you create the words you need. For example “and” might be the picture of a hand minus an “h,” and “love” might be a picture of a glove minus a “g” (see some examples at <http://scripturelady.com/rebus-bible-verses-for-kids/>).
3. Write each word of a Bible verse on a different card or piece of paper. See how quickly you can pin them to a rope line (such as a laundry line).
4. Write each word on a large piece of paper. Lay them out in the right order, like stepping stones. Secure them to the floor with painter’s tape so they don’t slip. Step from one word to the next, saying the words as you walk. Keep repeating the journey until you have memorized the verse.
5. Arrange some objects to help you remember a memory verse. For example: “Taste and see that the Lord is good” (Ps. 34:8). Place a piece of delicious fruit on the table, then a pair of glasses or a magnifying glass, followed by a Bible, and then something good, such as bread. Why not take a photo of your arrangement and turn it into a card or poster?
6. Make a Bible word collage. Cut the words for your memory verse from an old newspaper or church magazine. If you can’t find a word, cut out separate letters to spell the word. Stick the words and letters onto a sheet of paper to spell out the memory verse.
7. **Make a Bible verse poster, card, or bookmark. Use your favorite art and craft materials to create a suitable design for the verse.**
8. Write a Bible verse on a piece of card. Then cut the card into pieces to make a jigsaw. Put the pieces back together again to make the memory verse.
9. Choose a Bible verse. Write the first letter of each word in the verse on a small card. So “Taste and see that the Lord is good” would be “TASTTLIG Psalm 34:8.” Make a few cards with different verses. Pick up a card and guess what the verse might be. Or keep the cards in your pocket to remind you of the whole verse.
10. Write each word of a Bible verse on a separate card. Ask someone to shuffle the cards and place them around your yard or around a room where you can run about. You should be able to see all the words. Run to each word in the verse, in the right order, saying the words as you touch them. Repeat the activity, hiding a different word each time until you can run and say the verse without seeing any of the words.





FUN FACT!

Did you know that your brain learns things better when you laugh? It's also more creative and better at solving problems after it's had a good giggle! Do something that makes you laugh, like looking at funny pictures of animals or asking an adult to tell you a favorite joke. Then try to learn a Bible verse or do your schoolwork. Do you think laughing helps?

WHAT HELPS YOU LEARN?

Think about the ways you learn best. Circle the things that help you learn. Show someone what you circled so they can help you learn.

Teaching someone else how to do the task

Understanding why it's important to learn the skill

Knowing it's ok if I don't get it right the first time

Being able to try something when no one is watching

Reading the instructions in a book

Practicing until I get it right

Being told what to do

Being able to ask questions if I'm not sure what to do

Something else . . .

Watching someone else do the task

Trying the task myself

FUTURE LEARNING!

- What would you most like to learn? How to fly, ride a horse, play the piano, draw mountains, design computer games, or something else amazing?
- Draw a picture of a skill you'd like to learn.
- Then show your picture to an adult and see if they can guess what you'd like to learn.



WHAT DID YOU LEARN THIS WEEK?

Ask four adults what they learned this week. Draw a picture of the person in one of the squares below and write what they learned in the line underneath. The wisest people never stop learning (Prov. 1:5). 

Karen Holford writes from Scotland. She is the Family Ministries director for the Trans-European Division.

Northern Asia-Pacific Division

For ministry spouses, days are often crowded with meeting the needs of others—spouses, children, church members, and, in some cases, work colleagues.

The Mental Fitness Program, designed for pastoral spouses by the Ministerial Association, opens the door to living in health, contentment, and grace. Spouses learn ways to handle frustration, discouragement, and feelings of failure using biblical principles and practical solutions. They learn to embrace their value, to accept God’s grace, to respect and care for themselves, and to meet the needs of their families, church members, and communities.

Watch for the soon release of this 10-part DVD series on our website: www.ministerialassociation.org/spouses.



Speaker Kim Nami, Ph.D., is a licensed psychologist and pastoral spouse who is also assistant professor at Sahmyook University.



Pastoral spouses work together during the Mental Fitness Program presentation.

South American Division

Pastoral spouses attended a House of Prayer evangelism seminar in West Central Brazil Union. Derek Morris, editor of *Ministry* and associate secretary of the General Conference Ministerial Association, spoke about the powerful ministry of united prayer. Dr. Morris shared how united prayer can erase obstacles and challenges and allow miracles to happen. Spouses left with a fresh and inspired understanding of how prayer forms an essential part of evangelism.



Enthusiastic pastoral spouses participate in a House of Prayer evangelism seminar in the West Central Brazil Union. Two attendees received prayer quilts as gifts during the seminar.

Southern Africa-Indian Ocean Division



Photos: Justino Paulo

A Pakia convention (for pastors' kids) was held in May 2015 in Benguela, Angola. Justino Paulo, Pakia director, reports that more than 520 PKs (pastors' kids) attended the "Saved to Serve" event. Many PKs came forward to commit their lives to God. Others stood to request baptism. Leaders praise God for the young people who chose to give their lives to the Savior.



Youth distribute donated blankets for the Livingstone Hospital. Service outreach was part of the convention.

Southern Asia-Pacific Division

BANGLADESH

Pastors and spouses in Bangladesh Union Mission gathered for a three-day intercessory prayer conference in Dhaka, Bangladesh. Spirit-filled prayer, the study of God's Word, training, and great fellowship brought oneness and renewed commitment to ministry.



PAKISTAN

In February and March 2015, the union Shepherdess director led training seminars for pastors' spouses in various cities of Pakistan. The goal was to increase awareness of the value that pastoral spouses bring to the church. Fifteen pastors, spouses, and local leaders participated, affirming the unique spiritual gifts of spouses and highlighting the powerful impact of good discipleship on themselves, their families, and children.

Also in Pakistan, pastoral spouses and women's leaders from local churches were encouraged to teach others. As a result, they experienced revival and reformation in their own lives and the dramatic results of sharing joy with others. More than sixty people participated.



Women gather in Pakistan for training to advance God's kingdom.

GC Session

During the 2015 GC Session in San Antonio, Texas, division Shepherdess leaders enjoyed a meal together and shared news of the past five years. Praise, prayer, and fellowship filled these world leaders with a passion to support and empower others.



Revival and REFORMATION

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United in Prayer is a dynamic worldwide movement to pray with others, whether through your own personal time with God, personal prayer groups, or in a broader sense as a church through prayer partners, prayer chains, united prayer phone lines, 777 on the hour, texting groups, or any other way that God leads. Receive weekly inspirational prayer messages, ideas, testimonies, and requests from the world church.

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